

This is not a short-term, one-off issue. The implications for our economy, on our foreign policy, and on our communities are severe and long term.

When I sit down at my kitchen table every night and look across at my sons, I worry. Will they have their own kitchen table filled with family in Hawaii?

□ 1045

If Republicans force our country into a default, their future will be even more challenging to afford a home of their own or to be able to even rent one, to own a car to get to work or to save for their children's future.

Hawaii is one of the most expensive places to live in the country, with residents paying on average 42 percent of their income on rent, the highest of any State. I know that workers and families of every single one of our districts are struggling every day to make ends meet.

The American people need to see solutions, not just grandstanding. They need to see progress so that they can hope for a better future. That means we have to build and act on the progress delivered by the first 2 years of the Biden administration and one of the most productive Congresses in modern history. In these 2 years, Democrats have lowered healthcare costs, created nearly 11 million jobs, supported over 10 million new small business applications, put shovels in the ground on 7,000 new infrastructure projects, and invested in a revival of American manufacturing.

This Congress should be building on the progress of the last 2 years, not tearing it down by flirting with default and make unacceptable demands to cut Social Security, Medicare, and other critical programs that working families across the country depend on.

Why would House Republicans hold our economy hostage and the American people in anxious suspense for months when they can pass a clean debt limit increase right now?

When House Republicans tried to do this in 2011, they forced an unnecessary economic shock to our country that resulted in the first time our credit has ever been downgraded in our history. We cannot do that again.

We can have a reasoned debate, discussion, and negotiations over the right level of government spending, as every Congress does every year through the budget and appropriations process. But whether the United States pays its bill on time must not be a pawn in a Republican political game. Our families work hard to pay their bills on time; their government should too.

I have heard from so many people how much they love Hawaii; so do I. If you have the chance to visit our home stop and take a look. One in five residents depend on their Social Security benefits every single month. Madam Speaker, 1 in 10 people who call Hawaii home are veterans or Active-Duty serv-

icemembers. These are the faces of the people held hostage and hurt by Republicans.

We have an opportunity to rise above our differences and give them a Congress that has their best interests squarely in sight, one that gives them hope.

Madam Speaker, I urge my Republican colleagues to work with us to quickly pass a clean debt limit raise as soon as possible. The American people and our constituents deserve no less.

SERVING IOWA'S THIRD DISTRICT IS AN HONOR

The SPEAKER pro tempore. The Chair recognizes the gentleman from Iowa (Mr. NUNN) for 5 minutes.

Mr. NUNN. Madam Speaker, it is an honor to join this House, the newest Representative from the great State of Iowa. I rise not to speak of division within this Chamber but to champion the importance of providing pragmatic, solution-oriented leadership for the American people.

Serving the people of the Third District, I am humbled by the Iowans who voted for change and remain mindful that good representation includes being a fighter for every single Iowan, regardless of party.

That is why I am committed to ushering in a new era of public service for our community, one that begins with transparent, pragmatic, and bipartisan work.

With nearly two decades as a combat veteran, intelligence officer, and a former State legislator, service has always come before self. In the military, it is never 9 to 5. Deployments flying over Afghanistan meant spending time away from family, and tours overseas sacrificed memories shared with friends. But we had a call to serve, and our brothers and sisters in arms demanded that we complete the job.

My call to serve now is being a Representative for every Iowan in all 21 counties. Whether in Des Moines or Atlantic or Ottumwa, common challenges facing Iowans are dire. Inflation is crippling families and small businesses, taxes and governmental overreach are burdensome, our communities just this week are hurting from violent crime, and providing quality education is top of mind across our State.

As a servant in Iowa, we worked across the aisle, and we delivered, passing the largest tax cut in State history three times over. Growing productivity for Iowa's family farms, we are now first in corn, first in soybean, first in hogs, and first in high school graduation—not to mention, we are still first in the GOP caucuses.

In Iowa, small businesses kept going during the pandemic, and we ensured that Iowa's schools were open so students and parents could work with educators to teach the next generation of Iowa leaders.

I am a sixth-generation Iowan. I know the struggles we face. I come

from a century family farm. My mother was a nurse, and my father was a high school math teacher; they taught my brother and me to take responsibility and to serve with grace in our hearts. Our community helped raise all of us.

In high school, I met my future wife, Kelly, and we are blessed with four kids and two foster children. Our hope for them is that we can offer what our parents provided for us.

In times of tragedy, we are reminded that family always comes first. This week we were saddened to lose my father-in-law, Kelly's dad, Jim. He was a union electrician, and he only voted once for a Republican.

Thank you, Jim.

He was the best grandpa to our kids, the best dad, and the best husband. He was a man who lived his life to the fullest with the ones he loved, which is what the world needs more of today.

The importance of family is something every Iowan can agree on. In Congress, I would like to see more of this realized, that there are more things that can be done to achieve the 80 percent of priorities that we all agree on. Americans would rather spend time seeing us work together than in partisan dogfights.

In 2023, we entered a period of divided government. But this is no excuse for gridlock or inaction. The American people demand and deserve leaders who are willing to work for meaningful policies to address the challenges that we all face: high inflation, educating our kids, protecting our communities, and energy independence that serves both our national security and protects our natural resources.

There is always more that can be accomplished when we work together than when we are alone. Together we can ensure a prosperous American future for the next generation by making our country safer, stronger, and more accountable.

With that goal in mind, I am honored to bring Iowa's influential voice to the House Agriculture Committee and bring Des Moines' expertise in the insurance industry to serve on the Financial Services Committee. We have the opportunity to bring homegrown Iowa values and priorities to the Nation's Capital. And as a D.C. outsider and citizen legislator, I plan to take full advantage of these opportunities to make what works in Iowa an opportunity for the entire country.

Most importantly, I will strive every single day to be a servant to my fellow Iowans. I will also work to be the best father and husband to my family. This means being present right in my hometown back in Iowa where together we all work and live.

I will be traveling across the district nonstop to hear from all Iowans in all 21 counties both urban, suburban, and rural in the new Third Congressional District. I look forward to delivering pragmatic solutions for Iowans and helping D.C. along the way to operate a

little bit more like we do in Iowa: family and neighbors first, common sense, hard work, and—as always—a little bit of Iowa nice.

TAX EMANCIPATION FOR THE RICH

The SPEAKER pro tempore. The Chair recognizes the gentlewoman from Florida (Mrs. CHERFILUS-McCORMICK) for 5 minutes.

Mrs. CHERFILUS-McCORMICK. Madam Speaker, in what seems to be a concession to the most far-right members of the Republican Party, the Republican leadership has scheduled a vote on the alleged FairTax Act that would completely overhaul the tax system to blatantly favor the rich.

The proposed legislation would abolish the Internal Revenue Service and eliminate all Federal taxes, including the estate taxes and corporate income taxes. In place of Federal taxes, the bill would impose an effective 30 percent national sales tax across the board.

The working class would face a substantially higher tax burden as a result, and the richest Americans would receive a sizeable cash reward. It is difficult to overestimate how regressive this tax would be, and according to the tax experts, it would have a wide range of detrimental effects, not just on income taxes but also on items like Affordable Care Act premiums and the child tax credit.

The Republicans claim that they are the party of working people, but they appear to be making an effort to demonstrate that they are absolutely not that. Some of the wealthiest people in our country can pay exceptionally low tax rates, avoid paying taxes on their largest assets, and pass their fortunes on to their children tax-free because of the many ways the tax system is set up to enable corporate taxpayers to avoid paying taxes.

Conservatives have spent decades creating this kind of tax emancipation for the rich while waging a fierce battle against attempts to reinstate tax enforcement against the 1 percent. This just further advantages the wealthy by giving them more opportunities to take advantage of the working class. In Florida's 20th District where the median household income is under \$55,000 a year and families already struggle to make ends meet, the FairTax Act will put my constituents at a unique disadvantage.

There is nothing fair about the FairTax Act. This is a handout to the rich. Americans will feel the weight of this 30 percent sales tax on necessities like food and gas.

Madam Speaker, I urge my colleagues to reconsider this legislation and work with House Democrats on the most pressing issues that face our country.

VETERAN OF THE MONTH

The SPEAKER pro tempore. The Chair recognizes the gentleman from

Tennessee (Mr. BURCHETT) for 5 minutes.

Mr. BURCHETT. Madam Speaker, I rise to honor Colonel Jason M. Brock who served 32 years in the Tennessee Air National Guard.

Colonel Brock began his military career as an enlisted member in 1991 and worked hard during his service to earn a bachelor of science degree from the University of Tennessee in 1994.

In 1998, he was commissioned as a second lieutenant. Since then, Colonel Brock has served in a variety of assignments as a logistics readiness officer and a maintenance officer, and has deployed numerous times in support of multiple operations including Enduring Freedom, Iraqi Freedom, Southern and Northern Watch, Joint Guard, and Noble Eagle.

During his assignment as director of staff for the State of Tennessee Air, he also supported many domestic operations, including Tennessee's military response to the COVID-19 pandemic.

Colonel Brock plans to retire this year, and it is a well-earned retirement, Madam Speaker. He plans to spend more time with his wife and his two sons on family outings to the lake and camping. He also has his private pilot license, and he looks forward to enjoying more time in the sky.

Our country's heroes are the men and women of our armed services, like Colonel Brock, who served and sacrificed for our freedom. It is my honor to recognize Colonel Jason Brock as the Tennessee Second District's January 2023 Veteran of the Month.

MIDWAY IGA

Mr. BURCHETT. Madam Speaker, I rise to congratulate Joe and Dale Longmire on selling Midway IGA and retiring from the grocery business.

Claude and Ruby Longmire started Longmire Grocery in Corryton in 1947. They raised Joe and Dale in the grocery business, and they worked very hard in this their entire lives.

In 1988, Madam Speaker, Joe and Dale bought the Midway IGA right there on Tazewell Pike, as you well know.

Joe and Dale say the community has been very good to the Longmires, and the Midway IGA has been very good to the community. They have been great friends of mine. When you go in there, Madam Speaker, local kids work there. They work the counters and they work everywhere. They have some of the best fried chicken—I believe it is actually called broasted fried chicken—that I have ever had, except, of course, what my wife and my sweet mama used to make.

Of course, my family and I trade at the IGA on a regular basis, and the Longmires supported me when I first ran for mayor. They were some of the first people who came out and supported me. They had a fundraiser for me at their house. They live on Emory Road, the same road I live on now. Emory Road is a very long road, Madam Speaker. I actually went to the

wrong end of Emory Road, and I was 1 hour late to my own fundraiser; but it just increased the anticipation of my arrival.

The Longmire brothers have said that nothing about the store will change, which I am very glad to hear. Midway IGA has been great to our community, and I hope we don't lose that.

I wish their sister, Leesa, the best as she sticks around the store as their scanning manager. I wish Joe and his wonderful wife, Becky—who has been a dear friend to me and my girls a long time—and Dale and his wife, Ellen, the best in their retirement.

Joe plans to finish a book he has been researching about the history of Corryton. I look forward to getting an autographed copy which I am sure I will pay dearly for.

PUTTING PEOPLE OVER POLITICS

The SPEAKER pro tempore. The Chair recognizes the gentlewoman from Texas (Ms. GARCIA) for 5 minutes.

Ms. GARCIA of Texas. Madam Speaker, I rise to sound the alarm. Extreme MAGA Republicans have an economic plan that will hurt working families. For 2 years House Democrats have delivered for everyday Americans.

The economic progress that House Democrats and President Biden have led is simply remarkable. So let's talk about this significant growth Democrats have made possible by President Biden's economic plan.

We created 11 million jobs. Under Trump we lost 2.9 million jobs.

The unemployment rate is at 3.5 percent—one of the lowest rates in our history. Under Trump it was 6.3 percent.

We lowered healthcare costs for working families. Under Trump, 3 million more people lost their insurance.

We capped insulin at \$35 for our seniors on Medicare.

We expanded Medicare and Social Security benefits.

This is progress, but this progress is threatened by extreme MAGA Republicans.

□ 1100

While most Americans are worried about post-COVID prices at the grocery store, the extreme MAGA Republicans in charge of the House GOP want to increase the average family's costs for groceries and everyday essentials by hundreds of dollars every month. That is right, Madam Speaker, raising it by hundreds a month.

They are doing this by championing a new 30 percent national sales tax. The House MAGA Republicans would jack up the prices on the products that we rely on. Imagine paying in my district 30 percent more when you go to HEB for your groceries.

This kind of blanket tax increase is failed economic policy that attacks the foundation of our economic growth and hurts working families.